Using Solution Focused Brief Therapy with Clients Managing Trauma

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• My story to focusing on using this approach with trauma. And what I learned
  – Many in our field focus on the trauma, we focus on hope.
  – Trauma impacts almost all of our clients, high levels of comorbidity.
  – Trauma has physical impacts on clients.
• Hope Theory (Snyder)
SFBT Trauma Research

• It is now safe to say that SFBT is evidenced based. There are currently 8 meta-analysis studies, 100 randomized control studies, and all consistently show SFBT as effective. Often more effective than “treatment as usual” and always in fewer sessions.

• SFBT makes very different assumptions than other approaches, like CBT.
5 Keys to Using SFBT is Session

1. Language matters; The clinician must be purposeful and intentional about the choices they make in session. What is amplified and what is not.
2. Questions matter; The Solution Focused Approach is a questions based process and thus, the professional using this approach must be skilled in crafting questions that invites the client to describe the presence of their desired outcome.
3. Hope is important; This may seem obvious but cultivating hope in these sessions can be hard but is crucial. A professional using this approach must always lead the sessions towards the clients hoped for future.
4. Trust the client; I don’t mean trust as in believe everything a client says. I am referring to trusting in your client that they can answer your questions and benefit from doing so.
5. Trust the process; In tough sessions it can become tempting to abandon the process. Resist this urge. Often, what is needed is another question to get the conversation moving and once done, the client is able to make amazing strides.
2 Gifts for you

• Free SFBT questions list:
  www.SFBTwithElliott.com

• Free trial membership in The SFU:
  http://solutionfocusedbrieftherapy.com/therapy/sites
• Special Opportunity!

• Email: denise@therapysites.com
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Questions?

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